

Indoor Leagues

The indoor korfball season takes place between October and May. CaNKorf play in the Staffordshire and Cheshire Korfball League (SaCKL) against teams from Castle Korfball Club (based in Newcastle-under-Lyme) and Keele University Korfball Club. There is the opportunity for promotion from this Area League to the Regional (Central England) Korfball League and subsequently to the English Premier League.

Summer Tournaments

In the summer, many clubs hold outdoor tournaments. This enables players to compete against teams from all over the country during the course of a day, and is normally followed by an evening social event.



CaNKorf's youth section get their Awards for All funding (June 2009)

Club Committee

CaNKorf's committee is elected to oversee the running of the club. It is always keen to have new members - please let us know if you would like to be involved.

Websites

www.crewekorfball.co.uk
www.Englandkorfball.co.uk www.korfball.com

Contacts / more info?

Call / text Nigel on 07817-640432
or e-mail info@crewekorfball.co.uk

The Game

Korfball was invented by a Dutch school teacher in 1902. He wanted a team sport that the boys and girls in his school could play together on equal terms, and that would encourage team-work and co-operation. He called the game korfbal after the Dutch word for basket, 'korf'. Korfball is now played by both adults and juniors throughout Europe and as far afield as Australia and New Zealand, and continues to grow rapidly.

The Club

Crewe & Nantwich Korfball Club (CaNKorf, for short) was formed in 2008 to give local people the chance to play korfbal. The club now has separate sections for youths and adults, and always tries to make everyone welcome, whatever their fitness level or sporting ability.



CaNKorf's grown-ups show off their new team shirts, sponsored by BAM Nuttall (May 2009)

Training

CaNKorf train at **South Cheshire College on Tuesday** evenings. Youths (8-16) play from 6-7pm, and adults (14-50+) from 7-8:45pm. We play indoors most of the year, but outdoors (at Barony Park) in Summer. See our website for the most up to date details.

Costs

Membership of the club is free, but regular training sessions cost £3-£4 each for adults, and £1 for children.

CREWE & NANTWICH KORFBALL CLUB

**Team Sport for
MEN and WOMEN
BOYS and GIRLS**

**Club Information &
Introduction to Korfball**

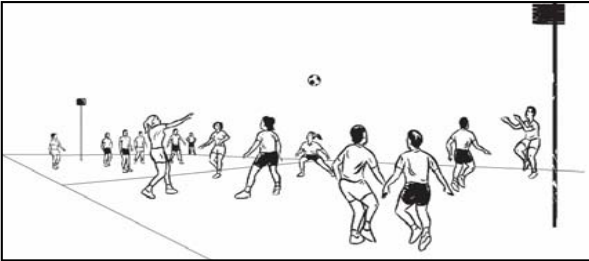
BEGINNERS WELCOME!



www.crewekorfball.co.uk
cankorf@googlemail.com

Playing Korfball

Korfball is a sport played by hand by teams of 4 men plus 4 women who try to shoot a ball into a korf (basket). The sport emphasises all-round skills, co-operative play and gender equality.



A korfball team of 8 players divides into 2 "divisions", with 2 men and 2 women in each. The playing area consists of two large squares, joined along the centre line, each with a korfball post set in one-third from the back line. One division starts in attack, the other in defence. Every 2 goals, the divisions swap ends and roles. There are no fixed 'positions', everyone spends time attacking and defending. Men defend men, and women defend women. A korfball match is 1 hour long, with a 5 minute break at half-time.

Some Basic Rules

No running with the ball or dribbling.
No deliberate physical contact.
During normal play, no time limit with the ball.

Shooting

An attacker must break free from his/her defender in order to take a shot. This can be done either by:

- Making distance back from the defender away from the korfball post – a "long shot".
- Running past the defender towards the korfball post – a "running-in shot".

Distinct techniques have been developed as the most effective ways to execute these shots, but these are not compulsory – players can improvise.



Defending

Goals can only be scored when a player breaks free from his/her defender. An attacker is "defended" when a defender of the same sex is:

- Between the attacker and the korfball post.
 - Able to touch the attacker's torso.
 - Facing the attacker and trying to block the ball.
- An attacker who takes a shot while defended gives away a re-start to the defending team.

When defending, try to stay between your attacker and the post.



Collecting

Before shooting, it is useful for one of the attacking division to take a position under the post in order to collect and recycle the ball if the shot misses. Any of the attacking division can take this position, known as "collector".

Feeding

Another useful position that can be taken by any of the attacking division. The "feeder" stands facing outwards from the post area and distributes the ball to other attackers who have broken free from their defenders, either for a long shot or a running-in shot.



Re-start

A re-start is awarded for a minor infringement. The pass must be made within 4 seconds of the referee's whistle, cannot be actively defended, and must travel at least 2.5 metres. The same rules apply to throw-ins from the sidelines and re-starts from the centre of court.

Free Pass

A free pass occurs after a serious infringement. It is taken from the penalty spot and all other players must stand 2.5 metres away. The pass must be taken within 4 seconds of the referee's whistle. A goal may not be scored directly from a free pass.

Penalty

A penalty is awarded when an infringement prevents a free scoring chance. The penalty taker shoots from 2.5 metres in front of the post. All other players must stand 2.5 metres away from the post and the penalty taker. There is no time limit.